



FRIDAY 10 OCTOBER 2025

NEWS & VIEWS



AMBITION - RESILIENCE - KINDNESS

HEADTEACHER: MR M SUTTENWOOD



Headteacher's Comment

Our Year 11 pupils are demonstrating just how resilient they are this week, whilst completing their PPE exams. It has been a really positive week, and our invigilators have been very impressed with how well our pupils have conducted themselves. Our Year 9 Parents' Evening was a great success, with lots of parents and carers taking the time to speak to teachers about their child's engagement and progress.

As the weather is turning and we wave goodbye to the warmer seasons, please remember to dress your children in the appropriate outdoor clothing as winter fast approaches. Uniform is one area that we have high expectations – we expect all pupils to wear their uniform with pride. The expectation is exemplary uniform, especially in terms of wearing blazers, shirts tucked in, skirts not rolled up, and shoes, not trainers. Thank you to all parents and carers for your continued support with this.



Sixth Form Leadership Team

#ProudtobeChase

Mr Suttentwood and Mrs Mulford interviewed Sixth Form students for the prestigious roles of Executive Head Boy and Head Girl. Each student presented their vision for the Sixth Form, sharing ideas about what they would like to introduce. They were hugely impressed by the way students embodied our ARK values throughout the process and by the passion they showed for representing their peers.

We are delighted to announce that Izzy and Troy (both Year 13) have been appointed as our new Executive Head Girl and Head Boy. Congratulations also to Ruby and James, who will take on the important roles of Deputy Head Girl and Deputy Head Boy.

Together, they will be joined by 21 other students as part of the Sixth Form Leadership Team, working hard to represent their peers and help shape the future of our Sixth Form.



Sixth Form Open Evening

On Thursday 6 November, we would like to invite all Year 11 pupils and their parents to our Sixth Form Open Evening 16.00 – 19.30. This event will give pupils the opportunity to speak to our Post 16 team about A Level and Vocational courses available to your child after they have completed their GCSEs.

www.chasehigh.org

@chasehighschoolsex



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@chasehighsch



INSET Day - Monday 5 January 2026

Chase High School along with all schools within the Trust, will be holding an INSET day on Monday 5 January 2026. Pupils will not be required to attend school on this date. The day will be used to introduce and train staff on Bromcom, our new Management Information System (MIS), which will be implemented across the school and the wider Trust at the end of January. Bromcom will play a central role in supporting the day-to-day running of the school, helping us to further streamline the management of pupil records, attendance, timetables and progress. It will also enhance communication with parents and carers through the Bromcom Parent App, which will benefit our whole school community.

Further information can be found at <https://bromcom.com/>.

Thank you for your understanding. If you have any questions, please do not hesitate to contact us.

Testimony 360: Hearing the Voices of Holocaust Survivors

On Tuesday, a group of Year 10 pupils took part in a Testimony 360 experience run by the Holocaust Educational Trust. Using virtual reality (VR) headsets powered by AI, pupils were able to interact with Holocaust survivors whose testimonies have been carefully recorded and preserved, ensuring that future generations can continue to learn from their stories.



Through this immersive experience, pupils were able to 'visit' the places where survivors grew up, learn about their journeys during deportation, and explore historical sites such as concentration camps. They also gained an insight into survivors' experiences during liberation. The session concluded with a look at life after liberation — including how survivors reconnected with family, returned to education, got married, and started families of their own.

BOOK OF THE WEEK!

Lunar by Chris Bradford

Age recommendation: Perfect for Year 7 & 8

Short synopsis: Luna loves living on the Moon but when a devastating meteor strike destroys their base, Luna is left stranded and alone. With no shelter and few supplies, she must find a way to survive. The problem is that rescue is three days and 400,000km away...and her oxygen is running out fast!



Dates for your Diary:

13.10.25 – 17.10.25 Celebration Assemblies

16.10.25 Friends of Chase - Halloween Cake Sale

17.10.25 Flu Immunisation Mop up

20.10.25 – 31.10.25 Half Term

06.11.25 Sixth Form Open Evening



DISCOVERY
EDUCATIONAL TRUST

Chief Executive Officer: Mr R Duff

Chase High School is proud to be part of the Discovery Educational Trust



www.chasehigh.org



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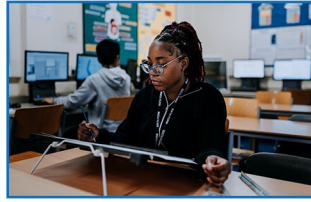
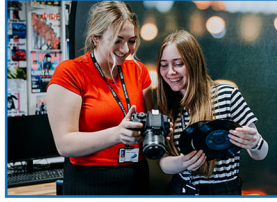
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CHASE HIGH SIXTH FORM

AMBITION - RESILIENCE - KINDNESS

OPEN EVENING



THURSDAY 6 NOVEMBER

16.00 - 19.30

FOR FURTHER INFORMATION
OR TO BOOK A TOUR
EMAIL SIXTHFORM@CHASEHIGH.ORG



AMBITION - RESILIENCE - KINDNESS



CHASE HIGH SCHOOL PRELOVED

Uniform donations are needed!

**Blazers, trousers, skirts,
shirts, jumpers and
Chase PE kits.**



**Drop donations at
Main School Reception**

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

OPPORTUNITIES



National STEM Day is a designated annual observance taking place on the 8th November, celebrating the fields of science, technology, engineering and mathematics.



"From the start of his journey as a graduate, Sam's been given real responsibility working across impactful projects – helping him develop and learn something new every day." Meet Sam, Graduate Electrical Engineer at BAE Systems [here](#).



An EDT placement will give students an opportunity to continue their STEM journey after leaving school or college and take a paid gap year to help inform and shape their future career choices. They will gain invaluable experience working in industry, develop their skills and knowledge, and boost their future employability. Read more and apply [here](#).



From Code to Cloud: Exploring STEM Careers at Amazon. Join us on November 12th for an exciting virtual event with professionals working on cutting-edge streaming and cloud technologies! Students will hear first-hand about the innovative work driving these industries, discover what a typical day looks like, and explore the skills and technology that make it all happen. [Register here](#).



Step inside a world where excellence meets ingenuity. Our work experience programmes offer you a unique opportunity to discover what makes Rolls-Royce a business that has truly helped to shape the modern world. [Register your interest](#) to receive updates on work experience and insight weeks.



Are you a student excited about science, technology, engineering, and mathematics? Siemens Energy invites you to a 3-day virtual work experience programme on the 10th-12th November. BE QUICK - applications close on the 20th October. [Apply now](#).

JOB OF THE WEEK



[Electrical Engineer](#)

An electrical engineer designs, develops, builds, and maintains electrical systems, components, and machinery across various sectors like energy, transport, and manufacturing. Key responsibilities include creating technical designs, conducting studies, managing budgets and timelines, ensuring projects meet safety codes and client needs, and performing maintenance and testing.

LABOUR MARKET INFORMATION FACT

"Young people are clear about what they want: fair pay (60%), flexible hours (71%) and autonomy (59%). But more than half (53%) fear AI will take jobs. Their hopes for balance and innovation are reduced by fears of insecurity and exclusion."

[Source](#) - 2025 Youth Voice Census

If you have any questions or need support, please email careers@chasehigh.org

CAREERS NEWSLETTER

OPPORTUNITIES



On Monday 3rd November from 18:00-19:00 join the Exeter Uni free webinar on choosing a course and university. They are an opportunity for students to find out more about university, consider options and to hear about specific courses. [Register here](#).



Explore the Destination STEM Life After School Careers Fair. [Take a tour](#) of the virtual fair and discover a range of employers that can support you with life after school.



"We re inviting you to take part in early testing of Springpod's brand new AI Interview Coach an interactive tool designed to help you build confidence, practice interviews, and receive personalised feedback." [Click here](#) to take part.



Check out these careers courses for school and college leavers on making future decisions. They are free to use and you can discover What's Next for you and find out what you need to thrive. Available courses can be found [here](#).



SCS JV is building the London tunnels for HS2, a new high-speed railway that will connect London and Birmingham. Hear from Julia, a civil engineering apprentice working on a tunnel vent shaft for SCSJV, about what it's like to be part of the biggest infrastructure delivery project in Europe [here](#).



Healthcare Science Careers: Virtual Work Experience with NHSE. In [this virtual Springpod programme](#), you'll explore the key areas of healthcare science, from life sciences and physiological sciences to physical sciences, learning how these fields work together to improve patient care.



In [this short, high-impact Sprint](#), you'll step into the role of a tech professional at Amazon. You'll learn why verifying AI-generated information is essential, and how critical thinking makes AI systems more reliable, trusted and safe.

EMPLOYER SPOTLIGHT

"When you join BAE Systems, you'll be part of a inclusive culture committed to nurturing your potential in an environment where your unique skills and experiences will be valued and your contribution recognised. You'll be supported and empowered to be your best – no matter where you are, or whatever your background."

Read more [here](#).

UNI SPOTLIGHT

"At the [University of South Wales](#), we deliver courses that will change lives and our world for the better. The University of South Wales is officially ranked in the Top 50 UK universities in the Guardian University Guide 2026. This achievement reflects our commitment to providing an applied, hands-on approach to education, because we believe the best way to learn is to do. This is education in action."

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